

1 I claim:

2  
3 1. A method of binding a book comprising:

4  
5 providing a front cover page, a rear cover page and at least two  
6 center pages each constructed of a foam material;

7  
8 providing at least two binding sheets;

9  
10 mounting a first one of said at least two center pages on a first  
11 one of said at least two binding sheets with at least a  
12 connection portion of said first binding sheet being free of  
13 coverage by said first center page;

14  
15 mounting another one of said at least two center pages on another  
16 one of said at least two binding sheets with at least a  
17 connection portion of said another binding sheet being free  
18 of coverage by said another center page;

19  
20 mounting said first center page on one of said front and rear cover  
21 pages;

22  
23 connecting said connection portion of said first binding sheet to  
24 an adjacent one of said at least two center pages;

25  
26 mounting said connection portion of said another binding sheet to  
27 one of said front and rear cover pages opposite said mounting  
28

1 of said first center page;

2  
3 said at least two binding sheets connecting said at least two  
4 center pages to adjacent center pages and to at least one of  
5 said front and rear cover pages for binding said front cover  
6 page, said rear cover page and said at least two center pages  
7 in book format.

8  
9 **2.** The method of claim **1** further comprising the step of  
10 connecting a plurality of connection portions of said another  
11 binding sheets to adjacent ones of said adjacent center pages for  
12 binding a plurality of center pages within said front and rear  
13 cover pages such that a book having plurality of pages is  
14 constructed.

1        3.    A book comprising:

2  
3    a front cover page, a rear cover page and at least two center pages  
4        each constructed of a foam material;

5  
6    at least two binding sheets;

7  
8    a first one of said at least two center pages mounted on a first  
9        one of said at least two binding sheets with at least a  
10       connection portion of said first binding sheet being free of  
11       coverage by said first center page;

12  
13   another one of said at least two center pages mounted on another  
14       one of said at least two binding sheets with at least a  
15       connection portion of said another binding sheet being free  
16       of coverage by said another center page;

17  
18   said first center page mounted on one of said front and rear cover  
19       pages;

20  
21   said connection portion of said first binding sheet connected to  
22       an adjacent one of said at least two center pages;

23  
24   said connection portion of said another binding sheet connected to  
25       one of said front and rear cover pages opposite said mounting  
26       of said first center page;

1 said at least two binding sheets connecting said at least two  
2 center pages to adjacent center pages and to at least one of  
3 said front and rear cover pages for binding said front cover  
4 page, said rear cover page and said at least two center pages  
5 in book format.  
6

7 4. The book of claim 3 further comprising a plurality of  
8 binding sheets and a plurality of center pages, said connection  
9 portions of said plurality of binding sheets connected to adjacent  
10 ones of said plurality of center pages for binding said plurality  
11 of center pages within said front and rear cover pages such that  
12 a book having a plurality of pages is constructed.  
13

14 5. The book of claim 3 wherein said front cover page, said  
15 rear cover page and said at least two center pages are constructed  
16 of a polymer foam made of ethyl-vinyl acetate.  
17

18 6. The book of claim 3 wherein said at least at least two  
19 binding pages are constructed as thin sheets of foam material  
20 having a thickness substantially less than the thickness of said  
21 at least two center pages.  
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